

National Preparedness Month tip for today:

Build a Family or Household Emergency Kit

You should keep enough supplies in your home to meet the needs of you and your family for at least three days. Keep these items in an easy to carry container such as a covered trash container, a large backpack, or a duffle bag.

Get the kids involved too! The *Ready Kids* family-friendly website ([Ready.gov/kids](https://www.ready.gov/kids)) features instructions on what families and teachers can do to prepare for emergencies and the role kids can play in that effort. Spanish material is available at *Listo Niños* ([Listo.gov](https://www.listo.gov)).

A basic emergency supply kit could include the following recommended items:

- [Water](#), one gallon of water per person per day for at least three days (two gallons per day recommended for warm climates such as Yuma), for drinking and sanitation.
- [Food](#), at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to [shelter-in-place](#)
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to [turn off utilities](#)
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- [Prescription medications](#) and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the [Emergency Financial First Aid Kit \(EFFAK\)](#) (PDF - 977Kb) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.

- Emergency reference material such as a first aid book or free information from this web site. (See [Publications](#))
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For more information about the care and feeding of infants and young children during an emergency, visit the [California Dept. of Public Health website](#).

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.